

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps.

THE VIGILEER

Vol. 49, No. 42

Nov. 7, 2003

Aviano Air Base, Italy

FROM THE TOP

Gen. Robert Foglesong
U.S. Air Forces in Europe
commander



Veterans Day

*Walking in the shadows
of honorable airmen*

By Gen. Robert H. "Doc" Foglesong
U.S. Air Forces in Europe
commander

At 11 a.m. every Nov. 11, a combined color guard representing all military services executes "Present Arms" at the Tomb of the Unknown Soldier in Washington, D.C. The nation's tribute to those who have committed their lives toward the defense of our freedoms is symbolized by the laying of a presidential wreath. The bugler plays "Taps" and the President

See Veterans, page 11



Airman 1st Class Nichole Adomowicz

Choice cuts

Senior Airman Marco Hurtado, 603rd Air Control Squadron, enjoys a free barbecue steak lunch courtesy of the Aviano Chiefs Group in Hangar 3 here, Tuesday. The lunch was part of the Project CHEER initiative created by U.S. Air Forces Europe commander Gen. Robert H. "Doc" Foglesong.

16th Air Force manages space

By Maj. Tadd Sholtis

16th Air Force Public Affairs

When the three-dimensional sovereignty of many neighboring nations collides with some of the most frantic air traffic on the planet, the result for U.S. and allied military aircraft looking for room to train over Europe usually has not been good.

With some help from 16th Air Force's airspace management experts, a European civil aviation project called Mediterranean Free Flight last week moved a step closer to ensuring that southern European airspace will continue to meet both commercial and military needs.

The MFF project uses computer simulations, flight tests and the results of other ongoing aviation studies to evaluate the viability of a "free flight" concept for aircraft, rather than the current structure that zones off "roads in the sky" for specific types of use.

"The basic idea is that new technologies can move you from the centralized control we have

today, where air traffic controllers move planes around, to more coordinated control," said Gerald Bertilson, chief of airfield operations and airspace management for 16th Air Force. "Aircrews would move themselves around in the airspace, based on information they share with controllers and with aircrews of other aircraft."

As one of two regular U.S. military observers of the MFF program, Bertilson has the job of making sure the simulations incorporate the everyday realities of American military training and transport in Europe.

"Any successful study of the Mediterranean has to factor in military operations, because there are many different air forces using the airspace, and the dimensions can vary widely depending on what type of mission or aircraft you're talking about," Bertilson said.

Bertilson noted that, while civilian aircraft usually employ the most direct travel routes

See FLIGHT, page 3

Good to know

- Congratulations: Monday is a Goal Day for the 31st Fighter Wing. Goals and percentages for sorties, decorations and performance reports were met.

- During the last 31 days, Aviano drivers were responsible for eight major vehicle accidents with injuries and three drunk driving incidents. The 31st Fighter Wing remains in RESCON Charlie. The Manhattan Club on SS13 and the Paradise in Grizzo di Montereale are off-limits until further notice.

FLIGHT, from page 1

with fairly constant altitudes, speeds and separation distances, military aircraft needs are more unpredictable because of in-flight refueling requirements, political restrictions on overflight and other considerations.

Combat training also requires different-sized blocks of airspace, rather than neatly defined corridors. A standard basic fighter maneuver training area may need to be a clear zone 20 nautical miles long, 20 miles wide and 25,000 feet high. Air combat training for the next generation of U.S. and European fighters may require even more airspace to practice standoff combat capabilities.

The ability of those varied military airspace requirements to mesh with MFF concepts was put to its second major test Oct. 27-31 in Rome, where Bertilson joined observers from the U.S. Navy and the European Central Altitude Reservation Facility, a United States Air Forces in Europe agency that schedules U.S. Defense Department and NATO movement through military airspace corridors. Together, the U.S. observers helped test Airborne Separation Assurance System technology over routes straddling the airspace of Greece and Malta. ASAS is a critical capability for MFF implementation, because it allows aircrews to maintain separation from other identified, ASAS-equipped aircraft. The aircraft transmit flight data to ground-based receivers, which share the information in real time with other

aircraft and air traffic control centers.

Bertilson created a military scenario for the simulation by providing coordinates of typical peacetime military transit air operations. The data was fed into computers linked to commercial cockpit simulators and air traffic control displays. A multinational group of pilots and controllers then had to factor military flying into the overall picture of civilian air traffic. The objective was to see how well the pilots, with minimal input from controllers, could use the data to make the right routing choices on their own.

Bertilson said that military participation in MFF helps ensure that free flight procedures and any resulting airspace redesigns have minimal impact on military operations. He also noted that the study holds some promise for improving military security and surveillance capabilities.

The Mediterranean region was chosen as

the test site for the free flight program because the area is the obvious first choice for the real use of new procedures and technology, lying as it does between the high-density European "core area" to the north and the low-density airspace of North Africa. MFF officials are projecting free flight could move from computer labs to the skies over Europe sometime within the next 10 years.



Courtesy Photo

Greek and Italian air traffic controllers view military and civilian flight data fed to them as part of the Mediterranean Free Flight simulation held in Rome Oct. 27-31. The controllers are monitoring the actions of pilots in nearby cockpit simulators.

WHAT DO THESE AVIANO VEHICLES HAVE IN COMMON?

Answer: Drunk Drivers

Don't be the next. Have a plan. Call AADD at 0434-66-5938.

Holiday postal preparations

Choose the right mailing container. The container should be strong enough to hold the type of item being mailed.

Cushion the contents. Use enough cushioning material to keep the contents stable within the box or container, if movement is heard or felt inside more cushioning material is needed.

Address it right. Be sure to put a card inside the parcel that lists the contents, sender's name and address and the receiver's name and address—this precaution can help the postal service if the outside address becomes illegible.

Seal the container. If the container is adequate for mailing, don't wrap it in paper—use filament-reinforced tape to seal parcels. Do not use masking or scotch tape.

Address the parcel. The parcel should be clearly labeled with the receiver's address and a return address. Put the addresses the same way as a letter. Use waterproof ink using letters that can be easily read from 30 inches away. Ensure address labels adhere to box completely.

Don't mail hazardous or illegal items. Call the local post office or www.usps.com for more details. (Aviano Post Office)



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The deadline for submitting information is close of business Thursday one week prior to publication. Send all information to the *Vigileer* at vigileer@aviano.af.mil. Faxed articles will not be accepted at all by the staff. The public affairs office is located in Bldg. 1360, Rm. 19. The *Vigileer* staff can be reached at Ext. 7344.

The public affairs staff reserves the right to edit all material in accordance with the Associated Press Stylebook.

Waist measurement reflects whole health

By Staff Sgt. C. Todd Lopez

Air Force Print News

The waist-measurement portion of the Air Force's new fitness standard serves as a gauge for total health, said the Air Force chief of health promotion operations.

"The waist measurement is used to determine visceral or intra-abdominal fat," said Maj. Lisa Schmidt. Air Force officials chose this measurement because there is ample evidence that links an increase in visceral fat with an increase in risk for disease.

"When we looked at developing health-based standards, we reviewed a lot of literature of the best ways to predict health risks for members, and abdominal circumference kept surfacing," Schmidt said. "With more abdominal fat, you have more risk for diabetes, heart disease, stroke and some types of cancer."

Agencies like the American Medical Association and the National Institute of Health have produced such studies, Schmidt said.

The measurement is taken with the tape wrapped around the abdomen above the right iliac crest, or right above the top of the right hip bone, while ensuring the loop created by the tape remains parallel to the floor. The measurement is taken the same way for both males and females.

Air Force officials use two tables for measuring waists, one for males and one for

females, Schmidt said. There are no variations in regards to height or age.

"The risk for disease is independent of your height," Schmidt said. "Other things considered, if you are 5 foot 2 inches tall or you are 6 foot 2 inches tall, your risk for disease is the same if you have a 40-inch waist. The same applies with your age. If you are 20 years old or 50 years old, the risk is the same based on waist measurements."

Additionally, unlike other body parts, the size of the waist does not grow proportionally with height, Schmidt said.

"When you look at the fitness score, it is a composite score," Schmidt said. "If you have a 20-year-old and a 50-year-old, both with a 39-inch waist, they are going to get the same points for abdominal circumference. However, that 20-year-old is going to have to run faster and do more crunches and pushups to get the same composite score as the 50-year-old."

For airmen who have measured their waists and determined they are not within an acceptable range, there is hope, she said. Visceral fat is generally the first to go when people begin an exercise program.

"A lot of airmen will look at the chart and say it is difficult to lose an inch in abdominal circumference, and that they only get a point for it," Schmidt said. "But if you are engaged in some kind of program to lose that inch and to gain that point, some aerobic and fitness program, then in the process of gaining that extra point for waist measure you will improve



Master Sgt. Jim Varhegyi

Taken with a tape wrapped around the abdomen, and placed midway between the bottom rib and top of the pelvic bone, the waist measure serves as a total-health gauge.

your performance on the running and strength portions. They are all interrelated. This is about total health."

Airmen who look at the chart for the first time become fixated on the top numbers for their age group -- those numbers needed to score a perfect 100 on the evaluation, Schmidt said. She said airmen should concentrate instead on getting a "good" or "excellent" fitness score.

The expectation is for everyone to participate in a regular fitness program, which will result in improvements in overall fitness, she said.

MyPay offers electronic W-2s

Current myPay military users and Defense Finance and Accounting Service civilian employees with myPay access will now automatically receive an electronic W-2 form.

The electronic method is now the primary means of delivery, officials said. Users may elect to receive a printed W-2 by mail by choosing the hard-copy option through myPay before Dec. 1.

"This is an opportunity for our customers to better manage their pay information," said Dennis Eicher, director for electronic commerce, military- and civilian-pay services at DFAS.

"We are providing myPay customers access to their tax and pay preferences online. We also know some individuals would rather have a hard-copy statement, so we are giving them that choice," he said.

The online version, complete with printing instructions, is compatible for all tax purposes and allows users to have multiple copies without needing a hard copy. A save button is also available to allow individuals to save their W-2s to disk.

There will be a "no change" period from Dec. 1 through Jan. 31, officials said. During this period users will not be allowed to change their W-2 print election on myPay but may request a paper W-2 by contacting their local financial services office.

To select the hard copy W-2, go to <https://mypay.dfas.mil>. Under Taxes, select "Turn on/off Hardcopy of W-2." Once this option is selected, carefully read the various questions posed. The user will be given the opportunity to select "hard copy." This will allow the user to receive a hard copy by mail and still be able to see the W-2 electronically.

Retired airmen and annuitants, as well as civilians outside of DFAS will continue to receive their tax statements or 1099 statements by mail. No action is required.

For more information, call Roger Still or Carol García at (303) 676-7741. (*Air Force Print News*)

Climate survey hits halfway point

By Scott Hopkins

Air Force Manpower and Innovation Agency

Since its launch Oct. 1, more than 25 percent of Air Force people and 30 percent of U.S. Air Forces in Europe members have taken advantage of the opportunity to speak to their leaders through the 2003 Air Force Climate Survey.

The survey's importance hinges on maximum participation, and the more people who participate, the better the results, officials said. The deadline is Nov. 23.

"We're doing well, but we hope to achieve this year's participation rate goal of 75 percent across the command," said Capt. Amy Moore, USAF Manpower Performance Management section chief and the command's primary point of contact for the survey.

More than 65 percent of active-duty airmen and appropriated-fund civilians participated in the 2002 survey. For the first time, this year's survey includes the Air Force Reserve, Air National Guard and nonappropriated-fund civilians.

"Our goal is to make things better for our people and our organizations," said Air Force Chief of Staff Gen. John P. Jumper.

The survey gives leaders honest, identity-protected feedback about the organization from the people who make that organization work. It measures factors that influence people's behavior and factors that are relatively enduring over time, officials said.

To safeguard personal information, only Air Force-level analysis is done on the personal information. Questions that ask for a respondent's Air Force Specialty Code, rank or grade, time on station, etc., will be briefed to the secretary of the Air Force and the Air Force chief of staff; that information will not be released elsewhere.

The 30-minute survey can be completed online at <http://afclimatesurvey.af.mil> anytime during the survey period from either a government or personal computer. People can also click on the Air Force Climate Survey link at Air Force Link, www.af.mil <http://www.af.mil>. (*Air Force Print News*)

Air Force News

Troops deliver child in Iraq

By Master Sgt. Don Perrien
332nd Air Expeditionary Wing
Public Affairs

The cluster of tents in the corner of tent city at Tallil Air Base that make up the 332nd Expeditionary Medical Group was bustling with unusual activity recently.

In facilities designed to support the needs of a deployed combat unit, 332nd Expeditionary Medical Support troops gathered together to deliver a healthy 7-pound baby girl to Moslem and Rafah Alrikabi -- the first child born at Tallil.

Moslem and his wife, Rafah, worked with Italian army's civil affairs agencies to coordinate their trip to the hospital here. The agencies are part of the coalition forces stationed in Al Nasiriyah.

After the 1991 Gulf War, Moslem had escaped Iraq and began a new life for himself and his family in America, finally settling down in Dearborne, Mich. After the fall of Saddam Hussein's regime, he returned to An Nasiriyah to visit and check in with family members he had not seen since leaving seven years ago.

Moslem, Rafah and their first daughter, Al'aa, spent a month reuniting with relatives who they feared had been lost. The family was

planning their return to America, but their plan hit a crucial snag when their airline refused to allow Rafah on the plane in her advanced state of pregnancy.

"I came back to see my family," Moslem said. "Now that Saddam is gone, I thought it was safe to see them again. We wanted (to go) back (to Dearborne to deliver the baby), but it wasn't possible."

The Alrikabi's focused their attention on their own family matters. Rafah began having contractions, and they became increasingly closer until they knew the baby was coming.

Staff Sgt. Kent Willette created a makeshift delivery room and nursery from the hospital's primary care area. He left a single bed alone in the hastily formed cubicle. As an independent duty medical technician, he has made the best of limited resources for the past three months.

"I've seen a lot of things here, some of them horrible -- but this was beautiful," Willette said. "I've worked (in) labor and delivery for three years, and it's my favorite thing."

Over in the examination room, Army Maj. (Dr.) Elizabeth Shanley knew she would need the delivery room soon. The physician said delivering a baby in an Air Force hospital was not what she thought she would be doing when she deployed from Fort Lewis, Wash.



Master Sgt. Lance Cheung

Army Maj. Elizabeth Shanley, a physician with the 332nd Expeditionary Medical Group with the Alrikabi family and Malach, the first child born at Tallil Air Base.

"This has been a light in my time in Iraq," Shanley said. "Delivering a child, where we're at, in these conditions, has made the whole experience worthwhile."

About nine hours later, she delivered a daughter, Malach, to the delight of her family and the medical staff.

"I was so glad to have my baby here," Rafah said. "The doctors took such good care of me. I can never thank them (enough) for their help."

Sortie Board

| | 31st FW | | 510th FS | | 555th FS | |
|--------|---------|---------|----------|---------|----------|---------|
| | Hours | Sorties | Hours | Sorties | Hours | Sorties |
| Goal | 105.5 | 67 | 57.5 | 35 | 48 | 32 |
| Ahead | 65.2 | 47 | 84.2 | 24 | 38.6 | 23 |
| Behind | 0 | 0 | 0 | 0 | 0 | 0 |

Local security forces airman convicted by summary court-martial for violations

Airman Basic Zachary C. Patterson, 31st Security Forces Squadron, was tried by a summary court-martial here Oct. 17. Patterson was found guilty of violating Article 134, Breaking Restriction and Article 92, Failure to Obey a Lawful Order. The Summary Court Officer sentenced him to 30 days confinement and 60 days restriction.

Patterson previously received nonjudicial punishment on Sept. 10. A portion of the punishment his commander issued consisted of Patterson being restricted to the limits of Aviano Air Base for 30 days. On Sept. 14, he was stopped in Porcia by the Polizia for a traffic violation. Since Patterson was off base without authorization, this constituted the violation of breaking restriction. Additionally, on Oct. 13, Patterson violated a no contact order given to him by his first sergeant to have no unsupervised or unauthorized contact with another 31st SFS airman. It was determined that Patterson engaged in unsupervised and unauthorized contact with this airman by socializing with him off-base.

The result of this case shows that Article 15s are not the extent of a commander's options when dealing with seemingly minor misconduct. The 31st SFS commander used a progressive approach when dealing with Patterson, to include two Letters of Reprimand and two Articles 15 since his arrival at Aviano in March. Patterson will serve his confinement at the United States Army Confinement Facility Europe in Mannheim, Germany. (31st Fighter Wing Legal Office)

RESCON CORNER

| | DUIs | Major Vehicle Accidents |
|-----------|------|-------------------------|
| Week | 0 | 2 |
| Year | 29 | 644 |
| Last Year | 35 | TBA |

23: Deaths due to accidents since 1994

0: Injuries from accidents this week

13: Traffic complaints this week

Tip of the week: IAW Aviano Instruction 31-204, passengers cannot ride in the bed of pickup trucks (POV or GOV) on or off the installation.

A senior airman failed to yield to on-coming traffic when he attempted to make a left-hand turn into a gas station on the A/P Highway in Aviano. The Italian driver in the on-coming car could not stop in time, and struck the senior airman. The airman's car had a dented door and a shattered window, while the Italian's vehicle was totaled. The Italian woman was taken to a local hospital for evaluation.

Contracting opportunities

The 31st Contracting Squadron is soliciting quotes for a catholic music director and protestant religious education coordinator. Those interested should call Staff Sgt. Gray at Ext. 7338 or write to ewa.gray@aviano.af.mil to obtain the necessary paperwork.

Red Cross, California wildfires

Aviano members with relatives living in southern California who might be affected by the wildfires there can use the Aviano Red Cross to check on their welfare. The Aviano Red Cross will dispatch an inquiry to the Red Cross chapter in California. The Red Cross will attempt to locate relatives, and will send a reply regarding their whereabouts and welfare. Call Ext. 5576 for more information.

Holiday mailing deadlines

Space-available packages must be mailed by Nov. 20. Parcel air packages must be sent by Dec. 4. Priority parcels and first class letters and cards must be mailed by Dec. 11. The deadline for mailing express mail is Dec. 18. Call the Post Office at Ext. 4086 for more information.

Post office hours for the holidays

Effective Wednesday - Dec. 19 the Aviano Main Post Office finance window opens at 9 a.m. Monday - Friday. The Main Post Office finance window will extend hours each Thursday until 8 p.m. An additional finance window for mailing is open at the Postal Annex, 11 a.m. to 3:30 p.m. Monday-Friday and only accepts cash/check transactions, no credit or debit cards.

Office closure

Due to an official function the 31st Comptroller Squadron's will be open 8 to 11 a.m. and 4:15 to 8 p.m. on Wednesday, Nov. 19. Call Ext. 7409 for more information or assistance.

Charity luncheon

The Aviano Officers and Civilians Spouses Club is having a luncheon Thursday off-base. The charity for the luncheon is the Christmas Cottage. Children over 12 months may not attend the luncheon. Reservations can be made by calling 0434 651730. New members are welcome.

Practical tips

People who want to visit some local villas or take a weekend trip can attend the Practical Tips For Weekend Trips class on Monday from 8:30 a.m. to noon at the Family Support Center. The instructor provides a power point presentation and a bit of history on various locations (both local and throughout Italy) during the class. Call Ext. 5407 for more information.

Reunion briefing

Post deployment/in processing briefings are presented every Monday at 10 a.m. at the Family Support Center. Spouses are highly encouraged to attend. These presentations can be arranged at the squadron level for entire units returning from deployment. Call Ext 5663 for more information.

Basic investing class

This class held 2 - 3 p.m. Thursday

defines basic savings options such as CD's, mutual funds, and stock options. It provides the first time investor with the knowledge and tools to research savings and investing options while outlining the investor's "risk personality." Call ext 5407 to sign up.

New program available now

Family support center's new Family Life Education Program encourages individuals to discover ways to create and maintain a loving home through classes and referral on couples' communication, family development skills, parenting and related issues. Call Ext. 5407 for more information.

Aviano yard sale

The Aviano Thrift Shop sponsors a base-wide yard sale 9 a.m. - 1 p.m. Saturday in Area D. It is \$5 to reserve a table. Call Ext. 5428 for more information.

Grand finale brunch

Sabre Hall hosts a grand finale brunch on Sunday. Reservation are required for 10:30 a.m. and 12:30 p.m. seatings. Adults are \$15 and children ages 6 -12 are \$5. Children under 5 are free. Members receive 50% off the adult price. Call Ext. 5493 to make reservations.

Pre-deployment briefing

Those deploying soon who want to be proactive can call the Family Support Center at Ext 5407 to sign up for a Pre-Deployment Briefing at 9 a.m. on Wednesdays.

Resume writing

A resume writing class is 10 a.m. to noon Nov. 14 at the Family Support Center. The class provides tools to prepare professional resume. Topics include resume formats, style, appearance, references, keyboards and identifying how volunteer skills can be marketable in the civilian workplace. Call Ext. 5407 for more information.

Sponsor training

Sponsor training class is from 1 to 3 p.m. Wednesday to assist sponsors to help newcomers start off right. The FSC can bring the training to individual units. Call Ext. 5407 for more information or to sign up.

Operation Season's Greetings

Country band Restless Heart, New England Patriot cheerleaders, comedian Andy Andrews and combined USAF and Air Force Reserve Command Band perform at 7 p.m. Nov. 20 in Hangar 1. Call the Aviano Community Center for more information at Ext. 5993.

Vehicle Winterization

The Auto Skills Center is now performing winterization service on vehicles in preparation for the upcoming season. Call 0434-66-1016 for more information.

Reel Times

Today - 5 p.m. "Secondhand Lions" PG-13

Eccentric and wealthy great-uncles of a shy young teenager care for the teen over a summer in Texas during the 1960s. Starring: Michael Caine, Robert Duvall and Haley Joel Osment.

Today - 8 p.m. "S.W.A.T." PG-13

Hondo, a grizzled S.W.A.T. veteran must recruit and train five new officers to join Los Angeles' Special Weapons and Tactics team. Starring: Samuel L. Jackson and Colin Ferrell

Saturday - 2 & 7 p.m. "Freddy vs. Jason" R

Teenagers find themselves caught in the middle of a dream battle between two famous forces of evil: Freddy Krueger and Jason Voorhees when Freddy enters Jason's dream world.

Sunday - 7 p.m. "Freddy vs. Jason" R

Monday, Tuesday - Closed

Wednesday - 7p.m. "Secondhand Lions"

Thursday - 11:30 a.m. "Hey Arnold" PG

\$1 children's movie matinee

Thursday - 7 p.m. "S.W.A.T." PG-13

Nov. 14 - 5 & 8 p.m. "The Rundown" PG-13

A man hires a Los Angeles bounty hunter to travel to the Amazon jungle to retrieve his smart-mouthed, dimwitted, double-dealing son, who's been leading a life of adventure in Brazil. Starring: The Rock and Seann William Scott

Veterans, from page 1

of the United States urges all Americans to honor the commitment of our military veterans.

I have incredible respect and great admiration for all our veterans; our livelihood is enabled by airmen, soldiers, sailors, Marines and coast guardsmen who have answered our nation's call for generations.

Although the Air Force is a young military service, over the past few years we have proven we're the world's most respected, all-purpose expeditionary air and space force. We continue to build on the legacy that our veterans created.

World-class U.S. Air Forces in Europe members continue to promote an enduring peace in the European and African area of responsibility. As the world saw in Operation Iraqi Freedom, our Air Force continues to be a quarterback on an all-star team.

As we honor our veterans' service and dedication, it is with a deep sense of gratitude that I am thankful daily for their commitment and service, for without them, we wouldn't have the freedoms we often take for granted.

Thank you, the men and women of USAFE, for continuing the legacy of excellence through your readiness, responsiveness and commitment to service for our nation and the ideals America represents globally.

Kudos

Congratulations to the following Aviano senior master sergeants who were recently selected for promotion to chief master sergeant:

- **James Thomas**, 31st Maintenance Group
- **Kurt Rice**, 31st Operations Support Squadron
- **Shawn Byrne**, 31st Maintenance Squadron
- **David Christmas**, 31st Maintenance Squadron
- **Anthony McKee**, 31st Maintenance Squadron
- **Allan Drage**, 31st Medical Support Squadron
- **Manthos Nikolaidis**, 31st Logistics Readiness Squadron

"Many thanks to **Carla Seward** from the Aviano Family Support Center. She is always pleasant and assisted me in communicating with my son's Asilo. She makes life at Aviano better for us all."

- Donna Davis
Aviano family member

Veteran's memory comes alive

Basketball court fence yields feelings of honor, pride, respect

By Senior Airman Julie Weckerlein
Vigileer editor

My moment is the sight of a metal fence surrounding an empty basketball court at night next to a bunch of railroad tracks.

Mine is not a traditional patriotic "moment," those times when a surge of emotion swells the chest. The feeling is usually a mixture of things: respect, pride, sorrow and joy. Sometimes, I feel it coming when I hear Taps being played on a bugle. It creeps up whenever I see those solemn white marble slabs in a cemetery.

But it's that site of that fence around a basketball court that really gets me.

I never expected it to be that way.

My dad was in elementary school when his older brother, Ray, left for Vietnam. Ray served two tours there as a door gunner and observer for the Huey and Loach helicopters that went into battle.

This story isn't about his time in Vietnam, though. It's not even about his choice to turn a stint in the Army into a career that produced my aunt and two cousins.

Uncle Ray left the battlefields in the late 60's, but the battlefields never left him. Little was known about post-traumatic stress syndrome back then, so his psychological wounds were never treated. Ray never recovered from those wounds. He took his life in 1983.

For years, Ray was the veteran in my family history. Though my own father served in the military, Ray was the "war hero in uniform." His description fit nicely in those "What Veterans Day Means to Me" essays I had to write in school.

All that I had seen and heard of him involved his time in the military and ultimately what led to his passing. It was always a sad story, but one that clarified for me at a young age that giving the ultimate sacrifice for one's country had a much deeper meaning. Veterans Day was all about remembering the military man I saw in the photos.

It wasn't until about a year ago when new light was shed on Ray and who he really was. I think it was the oncoming of a new family generation that encouraged my father to open up about his memories.

It was then I learned about the fence around a basketball court. My father was about six years old and Ray was a teenager. The age difference usually kept the brothers in separate worlds, so to speak. But one night, Ray invited my dad to go out with him and the other boys. In my dad's young heart, this was an honor not to be turned down.

The popular hangout was a closed-in basketball court next to the railroad tracks that was usually locked up around sundown. The older boys quickly scaled the fence, jumping down onto the concrete with little thought and little fear. My dad remembers hesitating. But Ray didn't. He bent down to let my dad get on his back, and with my father clinging onto him, Ray climbed the fence.

In my dad's young mind, Ray just climbed over the moon.

I heard a bunch of other stories about Ray; how he ate a whole chocolate cake by himself when he first returned from Vietnam, how he and my other uncle were known as pranksters around the neighborhood. But the story about the fence really touched me. It made Ray more than the "war hero." It defined him way more than his unfortunate death could. It made him a real person.

Veterans Day is a day set aside to honor those real people who served, or are currently serving. It's not about remembering the uniform, the medals or ceremonies. It's about the people who lived and breathed underneath that uniform.

I'm not sure if I'll be seeing any fenced-in basketball courts this Veterans Day. But I will pause to remember Ray as I know of him now. I know it'll bring me the same swell of emotion, too; the pride, respect, sorrow and joy of being an American, of being a fellow veteran.



The Wall

Today marks the 21st anniversary of the Vietnam Veterans Memorial on the Mall in Washington D.C. More than 58,000 names are inscribed on "The Wall" of servicemembers killed during the Vietnam conflict.

Tech. Sgt. Jim Varhegyi

Patchwork of Love

Quilters blanket Aviano's newest members

By 2nd Lt. Lea Ann Chambers
Vigileer staffwriter

On the first and third Tuesday morning of every month a small group of women huddles over patterns and patchworks creating quilts for their families, and for the Aviano family as well.

Two and a half years ago Faith Williams, Jill Butterfield and a few of their friends created the Aviano Quilt Group, and the members have been coming and going ever since.

"We get new people in from different countries and guilds that have different ideas and fabrics, so our activities are constantly changing," said Butterfield.

For the three hours they meet, the women work on various projects. One focus is on creating charity baby quilts to donate to Aviano Family Advocacy for babies in need.

"We decided we wanted to do something for the community. So we decided when we could, we'd make charity quilts," said Chris La Porta, Aviano Quilt Group member.

The women bring to the meeting the baby quilts they work on separately at home. At the meeting, other members who don't have a quilt of their own help complete the quilts that have been brought in.

When the group gets five or six quilts completed, Dia Foden, who is the project officer for the donations within the group,



2nd Lt. Lea Chambers

Dwalia McLain and Chris LaPorta pin a quilt sandwich at the Aviano Arts and Craft Center Tuesday.

takes them over to family advocacy, who then decides which families the quilts will go to.

All skill levels are welcome in the group. "I wanted to do something with my hands. I saw it on the services Web site and decided to stop by," said first time visitor Jennifer Voss. "They are teaching me a lot. In the little time I've been here I've already learned so much about quilting. The ladies

here are lively, and it's nice to be doing something that helps others."

The group is made up of women that have been quilting for years and some for only minutes. "You always have something to offer, and something to learn. And of course we share a lot of laughs too," said Pia Puonti, group member.

Puonti also teaches a quilting class in Montereale to Italian women in the evenings. "In this area we've tried very hard to promote quilting. I think culturally it's very important. It's a deep American tradition," she added. The Aviano group meets with the Montereale group whenever possible to share ideas and stories.

Although the women bring their own fabric and patterns, sewing machines are available from the Aviano Arts and Crafts Center for them to use. "The arts and crafts center has bent over backwards to help us with equipment and space. They've given great support," said La Porta.

The group meets the first and third Tuesday of every month from 9 a.m. to noon. The group's next meeting is Nov. 18; they will be working on small Christmas wall hangings. Those who want to join should stop by the arts and crafts center to get the supply list before attending. For more information pick up the group's newsletter at the Aviano Arts and Crafts Center.

Parental involvement key in DoDDS education

The Aviano School Liaison Office understands the important role parents play in their child's education. If parents have a concern, it's important they be informed of the specific channels that can be used to resolve issues concerning their child's education.

These councils are the key to empowerment, and are the channels that parents have available to ensure their voices are heard.

When an educational concern arises, the first step is to talk to the child's teacher. If the issue cannot be resolved, then the parent should address their concerns to the school principal and if necessary the school liaison officer. After this point, formal channels come into play, starting with the School Advisory Committee.

The SAC is used to address problems at the school level. It is made up of parent, military and school representatives. Every school has a SAC which meets at least four times each year.

Parents are highly encouraged to attend SAC meetings, even if they are not bringing an issue forward to the committee. Parents can check with their children's school office for the schedule of the next SAC meeting.

If an issue cannot be resolved by addressing the school advisory committee, parents have the option of bringing their

concern to the attention of the school advisory board.

The SAB is designed to give parents the majority voice in the Advisory Council structure. It is made up of elected school board members, principals, the installation commander and the district superintendent, and is designed to address parental concerns and issues.

However, the purpose of a SAB differs from a stateside school board in that it does not establish school policy. Should an issue continue to remain unresolved at the SAB, it is raised to the next level. Parents are highly encouraged to participate in these two councils and are always welcome to attend the open meetings.

Depending on the nature of the issue raised from the SAB, parental concerns may be elevated through either the military or Department of Defense Dependents School advisory chain. These councils address issues affecting students throughout USAFE, the European Command and the entire DoDDS system worldwide.

Parents are encouraged to attend, participate or become elected parent representatives in the councils outlined. Individuals interested in specific council meeting dates and locations, or to find out more about the structure of the councils, can call the Aviano School Liaison Office at Ext. 5261 (Aviano School Liaison Office)



HEROES BY DAY, ORDINARY PEOPLE BY NIGHT

VOLUNTEERS

By Airman 1st Class Jessica Switzer
31st Fighter Wing Public Affairs

Volunteer, hero: for some these two words are synonymous.

Recently Gen. Robert Foglesong, U.S. Air Forces in Europe commander, implemented the "Hidden Heroes" project. This project focuses on the work volunteers do.

Volunteerism is a large part of military service and Operation Hidden Heroes, is a start to recognizes this important part of military life.

"Volunteers still volunteer even though they sometimes never see the delight in the face of the people they help," said Brig. Gen. Mike Worden, 31st Fighter Wing commander.

Each person who volunteers does what they do for any number of reasons but for Vickie Jo Ryder, Aviano's Volunteer Resource Manager, it's about helping.

"The feeling I get when I know that I've helped someone some way...it's so good," she said.

Many of the volunteer opportunities on the base are arranged through her.

"We need volunteers all yearlong but people's availability goes down in the summer when school lets out," Ryder said.

Volunteers perform a number of duties around the base. One such act happened recently when Aviano donated more than \$5,000, raised by a number of base agencies, to the Landstuhl Fisher house in Germany.

Fisher Houses are a "home away from home" for families and patients receiving medical care.

Currently, the Landstuhl Fisher house runs on donations from various military installations around Europe.

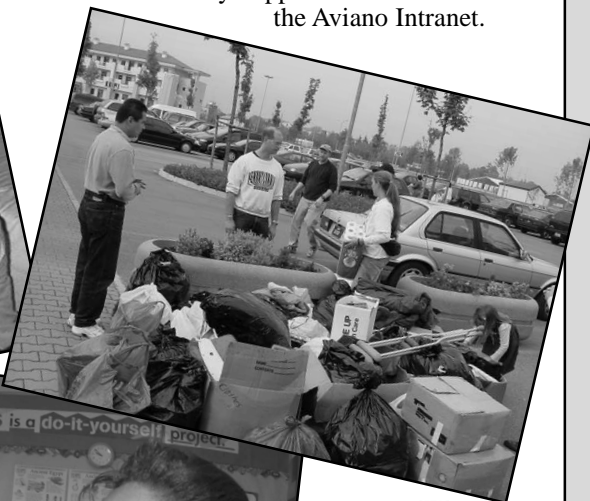
"Volunteers from around Europe who raise money and send us stuff are the backbone of the house" said Kathy Gregory, the Landstuhl Fisher House manager.

The donation to the Landstuhl Fisher House has hit close to home for one local community member. One of 31st FW's own is currently a resident there.

Staff Sgt. Allen McPerson, 831st Munitions Squadron, was diagnosed with Hodgkin's Disease in August and has been a resident of the Landstuhl Fisher House since then.

"They have made life much easier during this period and I don't know what I would have done if I'd been in a hotel on my own," he said.

For information on volunteering opportunities, call Ext. 5658, or visit the Aviano Family Support Center website on the Aviano Intranet.



Volunteer Opportunities

Italian school outreach

People are needed throughout the academic year to help in a cultural exchange program with two 5th grade English classes at the Italian school. No language skills necessary. Volunteers will talk about American holidays, family relationships, geography and more. For more information, call Vicki Jo Ryder at Ext. 5658.

Red Cross

The American Red Cross at Aviano is actively seeking volunteers to help in their Area One office with a variety of projects. They are also recruiting instructors to teach health and safety skills. No experience is necessary. Call Ext. 5576 for more information.

Mentoring

Aviano schools need mentors. All volunteers are carefully screened and attend training. Assisting and supporting the students is the primary mission. Call Ext. 5855 for more information.

Aviano Thrift Shop

People are needed to help the Aviano Thrift Shop, a nonprofit business, to help with sorting and pricing donations, accept consignments and assist customers. Experience not necessary. Call Ext. 5428, or show up at the shop 10 a.m. to 2 p.m. Wednesdays or 10 a.m. to 5:30 p.m. Fridays in Bldg. 224 in Area Two.

Fixing up a school

People are needed to help paint and preform aesthetic repairs to the San Vito School for Challenged Children in December. This is held in conjunction with Project Cheer. Call Ext. 5658 for more information.

Week in Photos

*A look at things happening
around Aviano*



Check point

Senior Airman Priscilla Robinson

Staff Sgt. Michael Bell, left, and 1st Lt. Anthony Davis, 31st Aerospace Medicine Squadron, check a list of medically cleared airmen here Tuesday as the 31st Fighter Wing began its AEF Silver deployment rotation.



Shirt speak

Senior Airman Priscilla Robinson

Senior Master Sgt. Christopher Anthony (left), functional manager for all Air Force first sergeants, speaks with Master Sgts. Mark Carlton, Eric Milliner and Garth Meade after a briefing Monday. Anthony flew in from the Pentagon to recruit potential first sergeants.



Senior Airman LaKisha Croley

Picture perfect

Andrea Delucy, an Aviano family member, makes an outline for metal pieces later used to create a frame at the Aviano Arts and Crafts Center Oct. 28. The center offers framing classes for the community.



Senior Airman LaKisha Croley

Recess time

Students chase each other on the playground at Aviano Elementary School Tuesday during recess. The playground was built along with the school as part of Aviano 2000.



Senior Airman Priscilla Robinson

You did it!

Staff Sgt. Charmaine Singleton, left, 31st Medical Group, congratulates Red Cross volunteer Diana Wyatt at Monday's Red Cross graduation at Sabre Hall. Wyatt graduated along with Amelia Reyes-Crozier and Alyson Jackson-Hill. They all worked as volunteers at the Aviano Dental Clinic.



Arrrr, wee scarecrow

Zoe Fernet, 2, miniature scarecrow, seeks treasure in the form of candy from pirates, during the Aviano Trunk or Treat Oct. 31. The pirates (Michelle Madrid (center) and Capt. Sally Binanti) hail from the 31st Dental Squadron, who won second place for their pirate ship trunk theme.



It's Betty

Master Sgt. Vicki Rodrigues channels in the Flintstone character as she hands out candy. The Aviano Top Three won first place with their Flintstones-theme trunks. Their setup included a television showing clips of the cartoon.



Ghoul talk

Annalese Mantz, left, discusses her candy strategy with Juliana (vampire) and Kayla Holloway.



Trick or treat

Aviano gremlins were kept safe from the Halloween rain as Trunk-or-Treat was held in Hangar Six, along with a haunted house.

Team ends successful season

The Aviano "Saints" women's high school volleyball team ended a spectacular 2003 season with tough tournament play at the European Championships held in Mannheim, Germany, Oct 30 to Nov 1.

They placed second overall in Division III after a hard-fought final match where Aviano fell short to London Central International High School, 16-25, 20-25 and 20-25.

"They were our biggest competitor," said team captain, Erin Hassan, Aviano High School senior. "They had a girl on the team who could hit the ball anywhere she wanted. So we really had to pull together our defense." She said it helped having members on the team who'd played for three years together.

To get to the all-European championship tournament, the team blasted its way through 24 other regular season and playoff matches, winning the regular conference and Mediterranean titles along the way. They also garnered four out of eight individual All-Tournament awards at the Med finals.

In fact, this is the third year in a row the Aviano women have won both the conference and the Mediterranean titles.

Under

husband and wife coaches Hans and Pam Hillestad, the Saints have not lost a match in regular season play since October 2000, resulting in an impressive 55 straight wins. For this season the team won 24 straight matches, only losing a hard-fought battle to last year's champion London Central who again took first honors at the European championships.

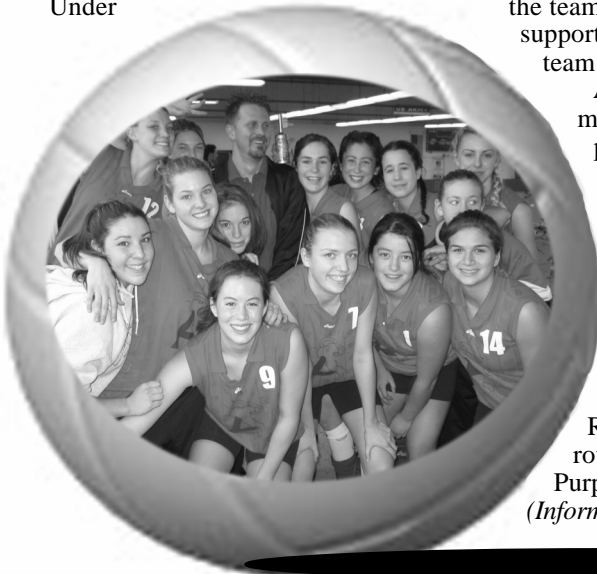
Aviano starters included seniors Maggie Green, Erin Hassan, Ashley Purpura, and Alexa Wan, and juniors Bree Mariz, and Ashley Mead, but the entire team showed winning character throughout the season.

"The team is a real success story in many ways," said head coach Hans Hillestad, "it's great to see how they've not only improved their playing skills, but have grown personally as young ladies." Pam Hillestad, who is half assistant coach and half team mom, provided a perfect balance in the coaching team.

The players developed a real sense of teamwork and friendship throughout the season, due in part to the many overnight away games to Vicenza, Rome, Naples, and Sigonella, Sicily. Many teamplayer parents, notably Holly Mariz and Kris Purpura, also contributed considerably to the team's success through traveling, supporting fund-raisers, and leading team cheers.

All the girls worked very hard, maintaining their studies and playing at the same time; many also show great promise as players for next year.

Teams members in the photo include: Top row, l to r: Maggie Green, Sara Moore, Coach Hans Hillestad, Emily Donnelly, Erin Hassan, Vanessa Russo, Ashley Mead (Med MVP). Middle row, l to r: Bree Mariz, Natalie Smith, Renee Worden, Kim Avery. Bottom row, l to r: Alexa Wan, Ashley Purpura, Taty Wan, Eliana Sheets. *(Information courtesy of Alexa Wan)*



Sports Briefs

Volleyball players needed

A volleyball tournament is planned for February in Spangdahlem, Germany. Women and men's teams will go up to challenge other bases from other countries. Military members, dependents of any age, and Italians are welcome to play. Practices will start in December. Open gym is Sundays from 2 to 6 p.m. Call 349-5934630 or 348-0354175 for more information, or write to heather.kowalski@aviano.af.mil.

Aerobics schedule

Aviano members can check out www.31svs-aviano.com for a complete aerobics schedule. Yoga is also available.

Gold Pin Strike

"Gold Pin Strike" is when the gold pin appears as the head pin and the bowler rolls a strike. The bowler will receive a free game coupon. Bowlers must notify the staff position prior to rolling. This is only offered during open bowling and is not valid with lane bumpers. Call Ext. 7487 for more information.

Outdoor recreation

Aviano community members can stop by Bldg. 1479 for a complete list of rental equipment. Hours are 8:30 a.m. to 6 p.m. Mondays, Tuesdays, Thursdays and Fridays; 9 a.m. to 5 p.m. Saturdays and closed Wednesdays and Sundays. For more information, call Ext. 8623.

Winter Lessons

Aviano Outdoor Recreation is offering ski and snowboard lessons. The registration for classes ends Dec. 1. For more information call Ext. 8623.



Over the top

Five seconds into the fourth quarter, Darnell Stephens dives over the top for a 3-yard touchdown to start the come-from-behind march by the U.S. Air Force Academy against the University of Utah on Nov. 1. The game went into triple overtime where the Utah Utes came out on top 45-43.

Airman 1st Class Mike Meares